

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Recognize hallmarks of human mating behavior and physiology.</p> <p>Understand messages and attitudes affecting teen sexuality.</p> <p>Describe sexual growth and development; the anatomy and physiology of reproduction.</p> <p>Demonstrate knowledge of identity issues, personal and relationship integrity, and steps to independence for teens. Recognize various communication styles and use them appropriately.</p> <p>Increased comfort discussing the above topics with peers and trusted adults.</p>	<p>Recognize and describe healthy relationship characteristics; differentiate from unhealthy relationship characteristics.</p> <p>Understand reproductive health issues and decisions affecting them.</p> <p>Participate in exploration of sexuality issues.</p> <p>Formulate and reflect on healthy relationship goals.</p> <p>Increased comfort discussing the above topics with peers and trusted adults.</p>

Guiding Principle: It is healthier for adolescents to postpone sexual intercourse and many make this choice. At the same time, knowledge about human sexuality is helpful, not harmful; and students deserve accurate information about relationships and sexuality to guide their immediate and future decision-making.

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Essential Concepts	Essential Vocabulary	Standards	Assessments	Instructional Resources	Instructional Considerations
<p><b>Quarter 1: Enduring Understanding</b> – Understanding both the nature of human sexuality and the social, genetic, and psychological influences on one’s sexuality are important for healthy relationships. Comprehension of the anatomical and physiological development of sexual beings better informs one’s decisions. Reflecting on personal identity, recognizing steps towards independence, and communicating with integrity are integral to healthy sexual decision-making.</p> <p><b>Essential Questions</b></p> <ul style="list-style-type: none"> <li>• What makes human sexuality unique?</li> <li>• What are the influences on my sexuality?</li> <li>• What is healthy sexuality?</li> <li>• How does the reproductive life cycle work?</li> <li>• How can I clearly communicate my thoughts and feelings without putting someone else down?</li> <li>• Who am I? What are my values? How will I pursue my independence?</li> </ul>					<p>Essential concept 1 can be an overview to introduce the topics, raise the comfort level of the class, and wait for permission slips to come back. Activities that encourage students to discuss when and how children first learn about sex can be used as an icebreaker also. This can lead to the idea that learning about sexuality is a continuous process, with more learned at various ages.</p>
1) Compare and contrast human and non-human mating behavior. Learn the common themes, worldwide, of human mating behavior.	Adoption Adultery Asexual/Sexual Concealed ovulation Courtship Evolution Family Fertility Gametes Generation Intercourse Internal fertilization Marriage Menopause Monogamy Nursing Nurturing Parental care	NSES 2	Vocabulary Quiz Study Guide to Movie	Movie: <u>PBS Evolution Series: Why Sex?</u> , Healthy Relationships ASD MOODLE	<p>A brief unit on this topic helps break the ice with students and raises their comfort level discussing relationships and sex in a classroom. It also sets a context for the rest of the class, that human mating behavior can be studied and in many ways unites humans as a species. Cultures around the world share many common characteristics, and this includes much of our mating behavior, as well as our anatomy and physiology.</p>

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	Polygamy Sexual dimorphism				
2) Develop group cohesion through the sharing of ideas		Alaska PE Standard E, NHES 4, NSES 4, 8	Class participation, students should exercise respect, the appropriate level of disclosure, confidentiality and use appropriate terms, and appropriate use of humor	Healthy Relationships ASD MOODLE	Icebreaker games are appropriate early in the class, as well as going over rules and etiquette for discussing what can be awkward or personal subjects in a classroom. Another way to break the ice is a class discussion about when kids do (or should) learn about sex, and how they learn about it.
3) Analyze various positive and negative influences on human sexuality	Sexuality Media Subtext Persuasion	Alaska PE Standard F, NHES 2, 5, 8, NSES 2	Vocabulary Quiz, make a sexuality poster	Text: <u>Healthy Sexual Development</u> ch. 1-7; Healthy Relationships ASD MOODLE	Most definitions of sexuality contain 5 components. Have students make a poster depicting the five components of sexuality without using words. Some of the media materials for this topic are listed in row 5 below.
4) Differentiate between healthy and unhealthy sexual behaviors	STI	Alaska PE Standard F, NHES 1, 7, NSES 1, 2, 3, 4	Make a list of both and have students separate into two groups: healthy and unhealthy	Text: <u>Healthy Sexual Development</u> ch. 1-7, Healthy Relationships ASD MOODLE	
5) Explore how self-esteem and body image affect sexuality including cultural and societal norms	Self esteem Eating disorder Bulimia Anorexia Sexualization	Alaska PE Standard F, NHES 2, 4, 5, 8, NSES 1, 2	Class discussion, possible written reflections, Healthy Relationships ASD moodle	Video: <u>Killing Us Softly</u> version 3 or 4 with Jeanne Kilbourne; watch Dove self-esteem videos;	The New Mexico Media Literacy Project has a lot of relevant lessons.

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				<a href="http://www.about-face.org">www.about-face.org</a> , <a href="http://medialiteracyproject.org/">http://medialiteracyproject.org/</a> , Healthy Relationships ASD MOODLE	
6) Recognize the benefits and limitations of establishing personal boundaries	Boundaries	Alaska PE Standard E, NHES 4, 6, 7, NSES 1, 2, 4, 5, 6, 7, 8	Reflective writing	Text: <u>Healthy Sexual Development</u> ch. 4	Giant concentric rings can be placed on the floor and labeled from stranger to acquaintance to friend to best friend to family and lover (on the inside). Students stand in a ring and are given cards with various activities. Students take turns reading card aloud and the class decide who is a safe person to do that activity with, and the student places the card in that ring. This can lead to some lively discussions with the class about boundaries.
7) Describe the anatomy and physiology of reproductive system over the life span	Testes, epididymis, vas deferens, scrotum, prostate, seminal vesicle, Cowper's gland, sperm semen, urethra, penis, foreskin, circumcision, ovaries, fimbriae, fallopian tubes, uterus, cervix, vagina, clitoris, perineum, vulva, vestibular glands,	Alaska PE Standard F, NHES 1, 3, NSES 1, 3, 4, 5, 8	Quiz, or build a sculpture of male or female anatomy, labeling parts, both internal and external. This can be done with clay, playdough, lego, or PE equipment (jump ropes, cones, balls, hoops, etc.)	Text: <u>Healthy Sexual Development</u> ch. 2, Healthy Relationships ASD MOODLE	

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	mammary glands, egg, ovulation, menstruation, FSH, LH, testosterone, estrogen, progesterone, pituitary gland, oxytocin, gametes, gonads, ejaculation, fertilization, implantation, placenta, umbilical cord, pregnancy, trimesters, labor, contractions, delivery, caesarean section, lactation				
8) Discuss genetic determination of male/female with variations and genetic mutations	Sexual differentiation Genetics Development Puberty Psuedo- Hermaphroditism Klinefelter's Syndrome Turner's syndrome	Alaska PE Standard F, NHES 8, NSES 1, 2	Class discussion	Any biology or genetics text	
9) Define the "sexual response cycle"	Excitement Plateau Orgasm Resolution Vasocongestion, myotonia, euphoria, refractory period	Alaska PE Standard F, NHES 1, NSES 1, 3	This can be part of a quiz with the anatomy material	Internet	This references Masters and Johnson's work. A brief introduction to the research of both Kinsey and Master's and Johnson's Nineteenth Century sex research may interest students.
10) Know terms as they relate to	Biological sex Male, female	Alaska PE Standard E,	Quiz	Text: <u>Healthy Sexual</u>	These can be part of the anatomy or the identity part of

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anatomy and sexual diversity	Gender identity Masculine, feminine Sexual Orientation Social gender role Cis-gender Trans-gender Transsexual Transvestite Asexual, bisexual, homosexual, heterosexual, metrosexual	NHES 1, 8, NSES 1, 3, 4		Development ch. 2-3; Wikipedia entry for sexual orientation, Healthy Relationships ASD MOODLE	the course
11) Explore on a personal level the influences on their identity	Nature Nurture	Alaska PE Standard F, NHES 2, 4, 5, NSES 1, 2, 8	Give students a list of all the possible influences on who they are, then the students rank them for importance	Text: <u>Healthy Sexual Development</u> ch. 1, 3, Healthy Relationships ASD MOODLE	The assessment can be graded on completion so as not to be judgmental.
12) Define and prioritize personal values	Culture Religion Morals	NHES 4, 5, 6, 8, NSES 1, 5, 6, 7, 8	Students make a timeline of their life from birth to death, with events from every decade	Text: <u>Healthy Sexual Development</u> ch. 4, Healthy Relationships ASD MOODLE	
13) Discuss the stages of independence and self-sufficiency skills	Maturity Adulthood	NHES 5, 6, NSES 2	Healthy Relationships ASD moodle steps to independence lesson	Text: <u>Healthy Sexual Development</u> ch. 2, Healthy Relationships ASD MOODLE	Put a giant timeline, birth to age 80 down a hall. Give students cards with various life events on them. Each student reads a card and then the class tells the student what age the event would happen at, on average, and the card is placed there.

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14) Describe communication styles and identify personal style (as related to gender, cultural, and regional differences)	Assertive, aggressive, manipulative, passive, rights, violence	Alaska PE Standard E, NHES 4, 7, 8, NSES 4, 5	Use samples from FLASH website grade 7-8 lessons 15-19. Students identify which type of communication is being used in various situations	Text: <u>Healthy Sexual Development</u> ch. 5; <a href="http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx">http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</a> , Healthy Relationships ASD MOODLE	The FLASH website has many great sexuality education lessons. The grade 7-8 link has good lessons on assertive communication and defending your rights.
15) Discuss “tool set” for promoting more effective communication (assertive communication, good listening and acknowledging skills)		Alaska PE Standard E, NHES 4, 6, 7, 8, NSES 4, 5, 6	Healthy Relationships ASD moodle lesson on practicing assertive communication; skits are a great way to assess this also, or oral quizzing of students	Text: <u>Healthy Sexual Development</u> ch. 5; <a href="http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx">http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</a> Healthy Relationships ASD MOODLE	The FLASH website has many great sexuality education lessons. The grade 7-8 link has good lessons on assertive communication and defending your rights.

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<p><b>Quarter 2: Enduring Understanding</b> – Human relationships are varied and require insight and practice to maintain. Reproductive health covers a broad spectrum of decisions and personal needs therefore, young adults must be empowered to make healthy reproductive decisions. Different points of view on sexuality issues come from a broad spectrum of influences including media, cultural norms, community and the law. Knowledge and personal reflection promote healthy sexual and relationship decisions. Setting goals for healthy relationships empowers youth to make positive decisions.</p> <p><b>Essential Questions</b></p> <ul style="list-style-type: none"> <li>• What is a healthy relationship?</li> <li>• How can I maintain reproductive health?</li> <li>• What are some of the issues that surround sexuality?</li> <li>• What are my relationship goals, and what decisions to I need to make to reach them?</li> </ul>					<p>Many of the sexuality issues can and will likely have been brought up in earlier parts of the course. Issues that have not been brought up yet can be covered at this time. Some topics, such as the effects of drugs and alcohol or domestic violence, may be covered in the healthy relationships or reproductive health part of the course.</p>
1) Explore stages of relationships	Romance Power struggle Stability Commitment Co-creation	Alaska PE Standard F, NHES 6, NSES 2, 4, 6, 7	Students create their own version of relationship stages, after reviewing other versions. Also, the class can read or watch a fictional story with multiple relationships depicted then students identify which stage each relationship is in.	Internet, books	Many authors have their own version of the stages of relationships, usually between 5-9 stages. One idea is to print a few versions from different sources, have student read through them and then make their own definitions for the stages.
2) Learn the components of relationship	Passion Commitment Intimacy	Alaska PE Standard F, NHES 6, NSES 2	Read or watch fictional story with multiple relationships depicted then students identify these components (or with is missing) for each relationship	<a href="http://en.wikipedia.org/wiki/Triangular_theory_of_love">http://en.wikipedia.org/wiki/Triangular_theory_of_love</a> , Healthy Relationships ASD MOODLE	Many internet sites reference Robert Sternberg's triangular theory of love, there are other theories students may explore.
3) Learn about the	Friends	NSES 2, 7, 8	Class discussion	Text: <u>Healthy</u>	



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variety of intimate relationships	Family Lovers			<u>Sexual Development</u> ch. 5	
4) Develop insight into skills needed for healthy relationships	Trust Respect Communication Interdependency Love	Alaska PE Standard E, Alaska PE Standard F, NHES 3, 4, 5, 6, 7, NSES 5, 6, 7, 8	Skits, particularly focused on partners having disagreements, followed by class discussions	Text: <u>Healthy Sexual Development</u> ch. 5, <u>Healthy Relationships</u> ASD MOODLE sample semester lesson plans	Many authors have researched what works in relationships. Books or summaries of <u>Eight Essential Traits of Couples Who Thrive</u> by Susan Page and Brent Atkinson's 10 Habits That Predict Relationship Success are good resources to share with students.
5) Recognize the characteristics of unhealthy relationships including warning signs and issues related to consent	Isolation Enmeshment Codependency Domestic Violence Distrust Jealousy Possessiveness Consent	Alaska PE Standard F, NHES 6, 7, 8, NSES 1, 2, 5, 7, 8	Quiz, class brainstorm, skits, oral discussion or reflective writing may be appropriate	Text: <u>Healthy Sexual Development</u> ch. 5, 6, 7; Guest speakers from APD, STAR, or AWAIC	AWAIC usually offers a "safe dating" presentation for teenagers
6) Examine the effects of drugs, alcohol and other chemical substances on relationships	Addiction Enabling	Alaska PE Standard F, NHES 5, 6, NSES 1, 2, 5, 7, 8	Reflective writing	Text: <u>Healthy Sexual Development</u> ch.7	Student discussion of these issues can be very powerful, as many students have experienced the influence of these in relationships they have seen.
7) Understand the different forms of contraception and how they work	Abstinence Barrier Condom Diaphragm Hormonal Spermicide Intra Uterine Device Sterilization Fertility Assessment	Alaska PE Standard F, NHES 1, 3, NSES 1, 3, 7	Quiz, written matrix or list with pros/cons of various contraceptive methods	Text: <u>Healthy Sexual Development</u> ch. 6, ASD MOODLE <u>Healthy Relationships</u>	A medical provider can be a good resource as a guest speaker on this topic.

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	Method Emergency Contraception				
8) Examine responsibilities associated with pregnancy	Prenatal Birth plan	Alaska PE Standard F, NHES 3, 4, 5, NSES 1, 3, 5, 6, 7	Students can make a “birth plan” as though they and their partner were going to deliver a baby soon.	Text: <u>Healthy Sexual Development</u> appendix B; guest speaker from childbirth education class, Healthy Relationships ASD MOODLE pregnancy lab	New parents or expecting ones can be great for guest speakers.
9) Understand STIs including HIV/AIDS modes of transmission and treatment options	Pathogen Infection Bacteria Virus Fungus Protozoa Antibiotic Vaccine HIV/AIDS Secondary Infection	Alaska PE Standard F, NHES 1, 3, NSES 1, 3, 7, 8	Quiz or reflective writing on STI’s	Text: <u>Healthy Sexual Development</u> appendix A, look up test tube sex lesson on internet, Healthcare professional as guest speaker	A review of how the immune system works, in general, can help students understand STI’s better. The Municipality of Anchorage Reproductive Health Clinic can often provide a guest speaker on STI’s
10) Increase awareness of local resource options related to reproductive health		Alaska PE Standard F, NHES 3, NSES 3, 7, 8	Class brainstorm on local resources from reproductive health	Text: <u>Healthy Sexual Development</u> appendix C; guest speakers	The internet, other students, or a phone book are great resources for this.
11) Examine the effects of drugs and alcohol use on reproduction	Fetal Alcohol Syndrome	Alaska PE Standard F, NHES 1, NSES 2, 5, 7, 8	Quiz or written reflection, possibly oral discussion, research paper or projects would also be	<a href="http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx">http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</a> ;	The FLASH website link for grade 7-8 has a good lesson on the effects of drugs and alcohol relating to relationships, lesson #22.

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			appropriate	Text: <u>Healthy Sexual Development</u> ch. 7, internet search for information	
12) Examine national and global controversial issues and challenges related to sexuality	Overpopulation Abortion Women's rights Female Genital mutilation Rape/Date Rape Pornography Adultery Pedophilia Sexual Harassment Prostitution Gender roles Sex Slavery Genetic testing Genetic engineering Gender and orientation based discrimination	Alaska PE Standard E, Alaska PE Standard F, NHES 2, 3, NSES 1, 2, 6, 8	Class discussion, possible written reflections, many of these issues could be assessed by students doing projects on specific topics they have researched	Text: <u>Healthy Sexual Development</u> ch. 6-7, <a href="http://www.ted.com">www.ted.com</a> , Movie <u>CNN: The People Bomb</u> ; youtube video SciShow The Science of Overpopulation; Movie: <u>Speak</u> ; story by Anchorage resident on pedophilia: <a href="http://www.westword.com/2004-05-13/news/stalking-the-bogeyman/">http://www.westword.com/2004-05-13/news/stalking-the-bogeyman/</a>	Great Ted talks on rape victims by Sunitha Krishnan, on parenting taboos by Rufus Griscom and Alisa Volkman, on relationships and love by Helen Fisher, on counteracting pornography by Cindy Gallop, on not wasting your twenties partying by Meg Jay, and many more. There is a gripping story by a former ASD student about being raped at age 7 and coming to grips with it 25 years later.
13) Explore internet and other social network media for their limitations and possible dangers related to sexual health	Stalking Sexting	Alaska PE Standard E; Alaska PE Standard F, NHES 2, 3, 5, NSES 2, 4, 5, 7, 8	Class discussion, possible written reflections	Class discussion, possible written reflections; using the internet to research relevant laws	Students may be more knowledgeable than teachers about current trends in social media and relationships
14) Explore community,	Morals Religion	Alaska PE Standard E,	Written reflections or class discussions	Text: <u>Healthy Sexual</u>	Class discussions in diverse classes can demonstrate for

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religious, cultural, demographic impacts and biases on sexuality.	Ethics Laws Memes	Alaska PE Standard F, NHES 2, 3, 4, 5, NSES 1, 2, 3, 4, 5, 6, 7, 8		<u>Development</u> ch. 4	students the range of backgrounds different people have regarding sexuality in their cultures.
15) Examine the laws related to sexual behavior and a) consenting and non-consenting individuals, b) use of electronic and technological devices, c) interpersonal violence, d) possession of child pornography	Age of Consent	Alaska PE Standard E, NHES 2, 5, NSES 3, 5, 6, 7, 8	Quiz	Use internet research or guest speakers (like a spokesperson from the ASD sex crimes unit), Text: <u>Healthy Sexual Development</u> ch. 7	
16) Demonstrate personal insight into sexual and relationship decisions		Alaska PE Standard E, Alaska PE Standard F, NHES 5, 6, NSES 5, 6, 7, 8	Students should make written goals for the next decade of their life, including a plan of how they will reach those goals and what role relationships will play in their lives; another assessment could include giving students questions from “Dear Abbey” columns and have students come up with their own answers.	Text: <u>Healthy Sexual Development</u> ch. 4	Comparing student answers to “Dear Abbey” type questions can lead to lively discussions. These can be compared to published advice from the actual column

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**Key Vocabulary**

<b>Word</b>	<b>Definition</b>
<b>Quarter 1</b>	
Adoption	The raising of offspring not genetically linked to an individual.
Adultery	Voluntary sexual intercourse between a married person and a person who is not his or her spouse.
Adulthood	The period of time in your life after your physical growth has stopped and you are fully developed.
Anorexia	An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.
Asexual	A sexual orientation where a person is not attracted sexually to either biological sex
Asexual/Sexual	Whether a species procreates by cloning itself or by sharing genes with another individual.
Assertive, aggressive, manipulative, passive	Four styles of communication commonly used during conflicts between people
Biological sex	Physical condition of a human having either testes or ovaries
Bisexual	A sexual orientation where a person is attracted to both biological sexes
Boundaries (personal)	Guidelines, rules or limits that a person creates to identify for him- or herself what are reasonable, safe and permissible ways for other people to behave around him or her and how he or she will respond when someone steps outside those limits. They are built out of a mix of beliefs, opinions, attitudes, past experiences and social learning
Bulimia	An emotional disorder in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.
Caesarean section	Delivering a baby by cutting through the uterus to remove it, as opposed to delivering via the cervix and vagina.
Cervix	Ring of muscle at the base of uterus; holds a fetus in the womb until childbirth, when it must dilate.
Circumcision	Process of removing the foreskin of boys practiced by some cultures
Cis-gender	Having a social gender role that is typical for a person's biological sex
Clitoris	A small sensitive and erectile part of the female genitals at the anterior end of the vulva
Concealed ovulation	When an animal cannot tell if a mating partner is fertile or not.
Contractions	Involuntary contractions of smooth muscles. Characteristic of sexual orgasm, birth labor, and lactation.
Courtship	Behavior designed to persuade someone to marry one, or mate in the case of animals.
Cowper's gland	Gland that releases a fluid into urethra before ejaculation to cleanse and lubricate the urethra; also know as the bulbourethral gland.
Culture	Culture is the characteristics of a particular group of people, defined by everything from language, religion, cuisine, social habits, music and arts.

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Delivery	Expelling a baby during birth
Development	The process by which a zygote takes on its mature, eventually adult, form
Eating disorder	Any of a range of psychological disorders characterized by abnormal or disturbed eating habits
Egg	Female sex cells, with a haploid chromosome number (23)
Ejaculation	Ejection of semen from the male during sexual orgasm, and vestibular fluid in some females during sexual orgasm.
Epididymis	Gland on the side of teste where sperm mature (grow tails) and are stored until ejaculation
Estrogen	Female sex hormone; responsible for regulating ovulation, menstruation, and female secondary sex characteristics.
Euphoria	A good feeling or mental high
Evolution	A change in the characteristics of a species over time, such that more of the species survive and reproduce.
Excitement, Plateau, orgasm, resolution	Four steps of the human sexual response cycle, first described by Master's and Johnson. Each step has characteristic physiological changes.
Fallopian tubes	Tube for egg conduction that connects the ovaries to the uterus
Family	A group of genetically related individuals, mating partners, or individuals living in one household.
Female	Physical condition of a human that has ovaries
Feminine	Having qualities or appearance traditionally associated with females
Fertility	The ability to produce offspring
Fertilization	Process of sperm fusing with egg; usually in the fallopian tube. Results in conception.
Fimbriae	Finger like tissues that gather released eggs from the ovary and direct eggs down the fallopian tube.
Foreskin	Loose skin that surrounds the sensitive glans of the penis and retracts upon erection; some people circumcise it.
FSH, LH	Follicle stimulating and luteinizing hormones; released by the pituitary gland and control ovaries and testes.
Gametes	Sperm or egg cells, which contain half the normal number of chromosomes.
Gametes	Egg or sperm cells
Gender Identity	Psychological condition of a human that thinks and feels like a gender
Generation	The average time in which individuals develop the ability to produce more offspring
Genetics	The science of inheritance; how chromosomes, DNA, and associated traits are passed down over generations
Gonads	Ovaries or testes, glands that produce gametes.
Heterosexual	A behavior marked by sexual contact between people of the opposite biological sex
Homosexual	A behavior marked by sexual contact between people of the same biological sex
Implantation	Process of conceived embryo embedding in the uterine lining. Results in pregnancy.
Intercourse	Physical sexual contact between individuals that involves the genitalia of at least one person
Internal Fertilization	Mating system where sperm are deposited and fuse with eggs inside the female's body
Klinefelter's Syndrome	A genetic condition of trisomy where the individual has XXY sex chromosomes
Labor	The physical activities involved with giving birth. This includes uterine contractions, dilation and effacement of the cervix, expelling the fetus, and expelling the placenta.

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Lactation	Producing and secreting milk
Male	Physical condition of a human that has testes
Mammary glands	The milk-producing gland of women or other female mammals
Marriage	The formal union of a man and a woman, typically recognized by law, by which they become husband and wife.
Masculine	Having qualities or appearance traditionally associated with men
Maturity	The state or quality of being fully grown or developed.
Media	The means of communication, such as radio, television, internet, movies, newspapers, and magazines, that reach or influence people widely
Menopause	The period of a woman's life when ovulation and menstruation cease
Menstruation	Discharging of blood, secretions, and tissue debris from the uterus that recurs in non-pregnant reproductive-age females at approximately monthly intervals to readjust the uterus to the non-pregnant state following proliferative changes that preceded ovulation
Metrosexual	A social gender role where a usually urban heterosexual male is given to enhancing his personal appearance by fastidious grooming, beauty treatments, and fashionable clothes
Monogamy	A mating system in which one individual mates with one other individual during a period of time
Morals	A person's standards of behavior or beliefs concerning what is and is not acceptable for them to do
Myotonia	Muscle tension, or involuntary muscle contraction
Nature	A person's environment in relation to how it affects their personality, anatomy, and physiology
Nursing	Feeding young offspring milk produced by the female body, a characteristic of all mammals
Nurturing	Caring for young, to aid their survival
Nuture	A person's genetics in relation to how it affects their personality, anatomy, and physiology
Ovaries	Female gonads; paired organs that produce estrogen and site of meiosis to produce egg cells. Eggs mature in the ovaries and after ovulation temporarily form the corpus luteum, a progesterone releasing tissue.
Ovulation	Process of a mature follicle releasing an egg from the ovary; marks time of highest fertility in humans
Oxytocin	Hormone released by pituitary gland that is associated with smooth muscle contraction during nursing, sexual orgasm, labor and associated with feelings of attachment.
Parental care	When an older generation invests energy in the survival of its offspring
Penis	A male erectile organ of copulation by which urine and semen are discharged from the body
Perineum	The area between the anus and the scrotum or vulva
Persuasion	A means of convincing someone to do or believe something; an argument or inducement.
Pituitary gland	Hormone releasing gland in hypothalamus of brain; controls release of FSH and LH in feedback regulation
Placenta	A disk shaped temporary organ that joins the mother and fetus, transferring oxygen and nutrients from the mother to the fetus and permitting the release of carbon dioxide and waste products from the fetus.
Polygamy	A mating system in which one individual mates with more than one other individual during a period of time.

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Pregnancy	The period from implantation, when the female body recognizes a change, until birth.
Progesterone	Female sex hormone; responsible for thickening endometrium in uterus and repressing ovulation and menstruation during pregnancy
Prostate	Gland in male reproductive tract that adds fluid to sperm to make semen
Pseudo-Hermaphroditism	A condition with an individual having internal reproductive organs of one sex and external sexual characteristics resembling those of the other sex or being ambiguous in nature
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Refractory period	Time after an orgasm where a male cannot have another orgasm
Religion	An organized collection of beliefs, cultural systems, and world views that relate humanity to the supernatural, and to spirituality
Rights	An abstract idea of that which is due to a person or governmental body by law or tradition or nature
Scrotum	Sack of thin skin that cradles the testes and keeps them a lower temperature than the body
Self-esteem	A person's overall sense of self-worth or value
Semen	Fluid that assists the sperm in fertilization. Contains water, fructose sugar, thickening and thinning enzymes, buffers, and prostaglandins.
Seminal vesicles	Glands in male reproductive tract that adds fluid to sperm to make semen
Sexual differentiation	The process by which a fetus develops male or female tissues, organs, and brain development
Sexual dimorphism	Males and females of a species look different from one another, more common in polygamous species.
Sexual Orientation	What biological sex and/or gender identity type of person someone is sexually attracted towards
Sexuality	A lifelong aspect of a person. It includes intimacy and relationships, sensuality and touch, reproductive health, identity and orientation, and sexualization (using sex for power) in our culture.
Sexualization	Use of sex for power, like when a person's value comes only from their sex appeal or sexual behavior, when attractiveness is defined narrowly as being sexy, when a person is objectified sexually, or when sexuality is inappropriately imposed on a person.
Social gender role	How a person behaves and acts around others
Sperm	Male sex cells, with a haploid chromosome number (23)
STI	Sexually transmitted infection
Subtext	The underlying meaning, emotions, feelings, and values projected by media.
Testes	Male gonads; paired organs that produce testosterone and site of meiosis to produce sperm cells
Testosterone	Male sex hormone; responsible for maintaining male primary and secondary sex characteristics.
Trans-gender	Having a social gender role that is not typical for a person's biological sex
Transsexual	A person who alters or attempts to alter their biological sex (this definition is still being debated)
Transvestite	A person whose manner of dressing is trans-gender (this definition is still being debated)
Trimesters	A period of three months, or each third of a pregnancy. Each trimester is associated with certain events.



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Turner's syndrome	A genetic condition of aneuploidy where the individual has X_ sex chromosomes
Umbilical cord	A cord arising from the navel that connects the fetus with the placenta and through which respiratory gases, nutrients, and wastes pass.
Urethra	Tube that carries urine and semen out of the penis
Uterus	A hollow muscular organ located in the pelvic cavity of female mammals in which the fertilized egg implants and develops. During childbirth muscular contractions in the uterus help to push the baby out of the body. The uterus is lined with a membrane called the endometrium. When a woman does not become pregnant, the lining is shed, resulting in a woman's period (menstruation). When a woman is pregnant, the lining thickens and helps support the needs of the egg.
Vagina	The muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.
Vas deferens	Tube for sperm conduction that connects the epididymis to the urethra
Vasocongestion	Body tissue filling with more blood than normal
Vestibular glands	A gland that opens into the vestibule of the vagina; secretions lubricate the vagina during coitus.
Violence	Behavior involving physical force intended to hurt, damage, or kill someone or something.
Vulva	The external genital organs of the female, including the labia majora, labia minora, clitoris, and vestibule of the vagina
<b>Quarter 2</b>	
Abortion	The deliberate termination of a human pregnancy
Abstinence	Not having any type of intercourse or sex play with a partner (in relation to contraception).
Addiction	The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.
Adultery	Voluntary sexual intercourse between a married person and a person who is not his or her spouse.
Age of consent	The age at which a person's consent to sexual intercourse is valid in law.
Antibiotic	A substance produced by or derived from certain fungi, bacteria, and other organisms, that can destroy or inhibit the growth of other microorganisms. Antibiotics are widely used in the prevention and treatment of infectious bacterial diseases.
Bacteria	A member of a large group of unicellular microorganisms lacking organelles a nucleus, including some that can cause disease.
Barrier	Form of birth control that blocks sperm from reaching the cervix, hence the egg.
Birth plan	The birth plan is a written list of preferences to be used as a guide for how a person would like their labor and delivery to go, and includes decisions for various contingencies or problems that may occur.
Co-creation	Stage of a relationship marked by teamwork involving investment in community, business, and/or family
Codependency	A relationship where one or both partners are overly preoccupied with the needs of the other at the expense of

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	meeting their own needs. A partner's needs take more priority than one's own needs.
Commitment	Stage of a relationship involving an agreement to workout future differences and that the positives of the relationship outweigh the negatives
Commitment	Component of a relationship involving an agreement of exclusivity between partners
Communication	The imparting or exchanging of information or news
Condom	A thin rubber sheath worn on a man's penis or placed in vagina during sexual intercourse as a contraceptive and/or as protection against infection.
Consent	Permission for something to happen or agreement to do something
Diaphragm	Dome-shaped barrier methods of contraception that block sperm from entering the uterus. They are made of latex (rubber) and formed like a shallow cup.
Discrimination (gender and orientation based)	The unjust or prejudicial treatment of different categories of people based on biological sex, gender identity, sexual orientation, or social gender role.
Distrust	The feeling that someone or something cannot be relied on or to doubt the honesty or reliability of a person; to regard one with suspicion.
Domestic violence	A pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. It can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.
Emergency Contraception	The prevention of pregnancy after unprotected vaginal intercourse. It may use drugs related to the female hormones estrogen and progesterone in high doses or an intrauterine device (IUD) inserted by a physician within 5 days after intercourse.
Enabling	To make able; give power, means, competence, or ability to; authorize. In its negative sense, enabling signifies dysfunctional approaches that are intended to help but in fact may perpetuate a problem.
Enmeshment	A relationship between two or more people in which personal boundaries are permeable and unclear. This often happens on an emotional level in which two people "feel" each other's emotions, or when one person becomes emotionally escalated and the other family member or partner does as well; an entanglement of peoples emotions.
Ethics	Moral principles that govern a person's or group's behavior
Family	A person whom one knows and with whom one has a bond of mutual affection, typically exclusive of sexual or family relations
Female Genital mutilation	All procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons
Fertility Assessment Method	A method of avoiding conception by which sexual intercourse is restricted to the times when ovulation is least likely to occur. Also known as the rhythm method.
Fetal Alcohol Syndrome	A congenital syndrome caused by excessive consumption of alcohol by the mother during pregnancy, characterized

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	by retardation of mental development and of physical growth, particularly of the skull and face of the infant.
Friends	See above
Fungus	Any of a group of unicellular, multicellular, orl spore-producing organisms feeding on organic matter, including molds, yeast, mushrooms, and toadstools.
Gender roles	The overt expression of attitudes that indicate to others the degree of your maleness or femaleness
Genetic engineering	The deliberate modification of the characteristics of an organism by manipulating its genetic material.
Genetic testing	A process in which a person's or an embryo's DNA is isolated and tested for the presence of specific genes or defects that could indicate the future onset of some disease or condition.
HIV/AIDS	Human Immunodeficiency Virus is a retrovirus that attacks human immune tissues often causing Acquired Immune Deficiency Syndrome, which disrupts the body's ability to fight secondary infections.
Hormonal	Form of birth control that alters a person's hormone levels so they are temporarily sterile.
Infection	The invasion and multiplication of microorganisms in body tissues
Interdependency	Mutual dependence; a reciprocal relation between interdependent entities leading to incentives for conflict resolution for both parties
Intimacy	Component of a relationship involving trust, listening, knowledge and understanding between partners
Intrauterine Device (IUD)	A small, flexible contraceptive device that is inserted into the uterus.
Isolation	In a relationship when intimacy (emotional closeness) is lost between partners.
Isolation abuse	A form of abuse when one domestic partner or spouse uses manipulation to keep the other away from their family and friends. The abuser makes the victim feel guilty about spending time with family or friends and they want the victim home, where they can watch the victim.
Jealousy	Fearful or wary of being supplanted; apprehensive of losing affection or position. Also resentful or bitter in rivalry; envious
Laws	A binding custom or practice of a community; a rule of conduct or action prescribed or formally recognized as binding or enforced by a controlling authority, also the whole body of such customs, practices, or rules
Love	Choosing the ultimate or highest good for another person (there are many definitions for love, this is one)
Lover	One who loves another, especially one who feels sexual love
Memes	An element of a culture or behavior that may be passed from one individual to another by non-genetic means, especially imitation
Morals	See above
Overpopulation	The condition of having a population so dense as to cause environmental deterioration, an impaired quality of life, or a population crash
Passion	Component of a relationship involving physical feelings and touch between partners
Pathogen	A bacterium, virus, or other microorganism that can cause disease.

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Pedophilia	Sexual feelings directed toward children.
Pornography	Printed or visual material containing the explicit description or display of sexual organs or activity.
Possessiveness	Having or manifesting a desire to control or dominate another, especially in order to limit that person's relationships with others
Power struggle	Stage of a relationship marked by a realization that not everything about the other person is positive; often conflicts arise between partners and must be worked out.
Prenatal	Before birth; during or relating to pregnancy
Prostitution	The practice or occupation of engaging in sex with someone for payment.
Protozoa	Non-photosynthetic microorganisms containing organelles and a nucleus, including some that can cause disease
Rape/Date Rape	The unlawful compelling of a person through physical force or duress to have sexual intercourse
Religion	See above
Respect	A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
Romance	Stage of a relationship marked by overwhelming positive feelings for and about the other person
Secondary Infection	Illness caused by new bacteria, viruses, or fungi becoming established in the wake of an initial infection.
Sex slavery	Sexual slavery or forced sexual slavery is the organized coercion of unwilling people into different sexual practices.
Sexting	Sexting is the act of sending sexually explicit messages or photographs, primarily between mobile phones
Sexual Harassment	Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that tends to create a hostile or offensive work environment.
Spermicide	A substance that destroys sperm, inserted vaginally prior to intercourse to prevent pregnancy. Often nonoxynol-9 is the chemical used.
Stability	Stage of a relationship marked by accepting differences
Stalking	Harass or persecute (someone) with unwanted and obsessive attention
Sterilization	The act of making an organism barren or infertile (unable to reproduce).
Trust	Firm belief in the reliability, truth, ability, or strength of someone or something.
Vaccine	A substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without actually inducing the disease.
Virus	An infective agent that typically consists of a nucleic acid molecule in a protein coat. They are too small to be seen by light microscopy, and can only multiply within the living cells of a host.
Women's rights	Rights that promote a position of legal and social equality of women with men.

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Standards linked above are from the Alaska Physical Education Standards (DEED), National Health Education Standards (CDC), and the National Sexuality Education Standards (FoSE), which are given below:

### From Alaska PE standards (DEED)

**Standard E** Exhibit personal and social behavior that respects self and others in physical activity settings:

1. Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings.
2. Demonstrate an understanding of responsible personal and social behaviors in physical activity settings.
3. Accommodate individual differences. (e.g., ability levels, gender, ethnicity, disability among people, and physical activities of a variety of actions, culture, and ethnic origins).
4. Exhibit sportsmanship/etiquette in all physical activity settings.

**Standard F:** Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction:

1. Enjoy the challenge of working hard and the satisfaction of improving skills.
  2. Seek personally challenging experiences in physical activity opportunities.
  3. Recognize physical activity as a positive opportunity for social and group interaction.
- Analyze selected physical activity experiences for social, emotional, and health benefits.

### National Health Education Standards (CDC)

Standards and Performance Indicators

The National Health Education Standards (NHES) are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

<b>Standard 1</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>Standard 2</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>Standard 3</b>	Students will demonstrate the ability to access valid information, products, and services to enhance health.

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<b>Standard 4</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>Standard 5</b>	Students will demonstrate the ability to use decision-making skills to enhance health.
<b>Standard 6</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>Standard 7</b>	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>Standard 8</b>	Students will demonstrate the ability to advocate for personal, family, and community health.

### National Sexuality Education Standards (FoSE)

CC

Standard 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

INF

Standard 2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

AI

Standard 3 Students will demonstrate the ability to access valid information and products and services to enhance health.

IC

Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

DM

Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.–Setting

GS

Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health.

SM

Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.dvocacy

ADV

Standard 8 Students will demonstrate the ability to advocate for personal, family and community health.

There are seven topics chosen as the minimum, essential content and skills for K–12 sexuality education:

Anatomy and Physiology (**AP**) provides a foundation for understanding basic human functioning.

Puberty and Adolescent Development (**PD**) addresses a pivotal milestone for every person that has an impact on physical, social and emotional development.

Identity (**ID**) addresses several fundamental aspects of people’s understanding of who they are.

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Pregnancy and Reproduction (**PR**) addresses information about how pregnancy happens and decision-making to avoid a pregnancy.

Sexually Transmitted Diseases and HIV (**SH**) provides both content and skills for understanding and avoiding STDs and HIV, including how they are transmitted, their signs and symptoms and testing and treatment.

Healthy Relationships (**HR**) offers guidance to students on how to successfully navigate changing relationships among family, peers and partners. Special emphasis is given in the **National Sexuality Education Standards** to the increasing use and impact of technology within relationships.

Personal Safety (**PS**) emphasizes the need for a growing awareness, creation and maintenance of safe school environments for all students.